

JANUARY IS “FAMILY FIT LIFESTYLE MONTH!”

Happy New Year!! 2014 was a wonderful year for the Missouri Department of Health and Senior Services—Bureau of Community Food and Nutrition Assistance (MDHSS-BCFNA), as I hope it was for you. 2014 started out strong with the introduction of the Missouri MOve Smart Guidelines in January. At the end of December, a total of 14 child care centers and homes had been recognized as a Missouri MOve Smart Child Care! (Check out who has been recognized as Missouri MOve Smart at www.health.mo.gov/movesmart)! As 2014 drew to a close, the Missouri Eat Smart Child Care program successfully completed its 5th year “of operation” and 134 child care facilities continue to proudly boast their accomplishments for meeting the nutrition standards set by the Eat Smart Guidelines. (Check out who has been recognized as Missouri Eat Smart at www.health.mo.gov/eatsmart)! This is incredible news and these numbers will continue to grow into 2015 as more child care facilities integrate key nutrition and physical activity practices into their policies, menus, environment, and curriculum. It is going to be a great year!



Often, a New Year challenges individuals with goals they would like to accomplish. MDHSS-BCFNA has a New Year goal for all Missouri child care facilities: Dedicate 2015 as YOUR YEAR to work towards meeting the Missouri Eat Smart and MOve Smart Guidelines!

As with all goals, it is important to approach the Guidelines one step at a time. Don't overwhelm your staff and children by making too many changes at once. Instead, take a step back and do a side-by-side comparison of your current practices with the Eat Smart and MOve Smart Guidelines. You might find you are already meeting (or nearly meeting!) some of the Guidelines, in which case, you can check those off as complete (or, for those you are nearly meeting, you know where to start Step #1!).

Next, determine which Guidelines you do not meet, but seem very attainable. Set a time-frame for when these Guidelines will be met, and during this time, work with your staff and children. For example: Practice family style meals by passing a bowl of sand on the playground; read a story about a new vegetable and try it at snack that day; ask staff members to provide ideas on physical activities they would like to do with the children; ask children to

provide ideas on physical activities THEY would like to do; and so forth! By working TOGETHER as a TEAM, goals can be reached!

As more Guidelines are met, start on another Guideline that seems within reach, and so on until all Guidelines have been met—and your child care facility can apply for recognition as a Missouri Eat Smart and/or MOve Smart Child Care! As I said—It is going to be a great year!

January is “Family Fit Lifestyle Month” and is a wonderful time to pull your families into what is happening at the child care facility. Did you try a new recipe that is great for the body and that the children love? Did you try a new activity that brought sense of joy to a child's eyes? Share what you are doing with your families! Involve them with your achievements! Invite them to be a member of your team. As your child care facility takes on more healthful practices while adopting the Eat Smart and MOve Smart Guidelines, share your experiences with your families. They can benefit just as much from the programs as your facility, staff, and children. They are YOUR family. Encourage all to partake in “Family Fit Lifestyle Month!”—the benefits will reap endlessly.

Check out the [Missouri Eat Smart Guidelines](http://www.health.mo.gov/eatsmart) and the [Missouri MOve Smart Guidelines](http://www.health.mo.gov/movesmart) to learn more!

JANUARY 12-16, 2015 IS "PIZZA WEEK"!

Now, let's not get carried away. Too often, pizza is easily thrown into the "junk food" category when smothered with high fat cheeses and highly processed meats. When prepared in this fashion, pizza gets a bad rap due to its high saturated fat (high calories) and loaded sodium contents. However, with careful attention to chosen ingredients, pizza can be a very nutritious food item.

Pizza is a food that can wake up your taste buds with exotic and flavorful ingredients that pack a nutritious punch (think whole grains, lean meats, and bright colored vegetables). Incorporating these types of foods into a food item many children already love is a great way to enhance a nutritional experience and to also educate children! Expand on the colors, shapes, numbers, and vocabulary opportunities that are presented with healthful toppings (broccoli is green, tomatoes are round, etc.) in your child care setting! What an exciting (and delicious!) way to learn!

Here are some pizza activities that can be incorporated into the child care curriculum. These are both excellent ways to engage children in the preparation of food, while also providing hands-on nutrition experiences and a little movement to the day! Check it out and have fun!

A "PIZZA" SNACK ACTIVITY:

For snack, involve the children in a "build your own pizza" classroom activity using English muffins! The following recipe yields 32 servings for 3-5 year old children, meeting the bread/grain and meat/meat alternate requirements for a snack meal. Serve the food items separately in individual dishes and children can create their pizza "made to order"!

- 16 whole grain English muffins, sliced in half (if you wish, toast in oven for 5 minutes beforehand)
- 2 cups pizza sauce
- 16 ounces (1 pound) reduced-fat mozzarella cheese, shredded
- Additional healthful toppings of choice

Examples of healthful toppings:

- Meat/Meat Alternates:
 - Grilled chicken breast, sliced
 - 99% fat-free deli-sliced turkey
 - 99% fat-free deli-sliced ham
- Fruit/Vegetables:
 - Pineapple, crushed
 - Spinach leaves, raw
 - Bell pepper rings (red, orange, yellow)
 - Roma tomatoes, sliced
 - Mushrooms, sliced
 - Broccoli, cut
 - Cauliflower, cut
 - Red onion, chopped

Encourage children to use their imaginations with their pizza creations. For example, have them make faces with their toppings! A red bell pepper ring, when cut in half, can form a smile; A mushroom can serve as a nose; 2 chunks of grilled chicken can be 2 eyes; And spinach leaves placed around the top edge can be the pizza face "hair"!

Line a baking sheet with aluminum foil. Place the English muffin pizzas on baking sheet and label children's names. Bake at 400°F for 5-10 minutes until cheese is melted. Allow to cool slightly before serving to children as they will be hot. Serve and enjoy!

PIZZA MOVEMENT

"This is the Way We Make a Pizza Pie"
(Sung to the tune of "Here We Go Round the Mulberry Bush")

- This is the way we mix the dough, mix the dough, mix the dough. This is the way we mix the dough to make a pizza pie. (*Act out a mixing motion while singing.*)

Continue with the following verses:

- This is the way we knead the dough...(kneading motion)
- This is the way we roll the dough...(rolling motion)
- This is the way we toss the dough...(tossing motion)
- This is the way we spread the sauce...(spreading motion)
- This is the way we sprinkle the cheese...(sprinkling motion)
- This is the way we bake the pizza...(pretend to be putting pizza in oven)
- This is the way we eat the pizza!...(pretend to be eating)

Dance with the children as you make a Pizza Pie!

DID YOU KNOW?

By serving whole grains, lean meats and fresh fruits and vegetables with the pizza snack activity above, you'd meet some of the Eat Smart Guidelines at the snack meal! Additionally, the pizza movement activity is a great way to incorporate a structured and learning-integrated activity into the child care curriculum.

These activities (and many more!) can be utilized within your child care settings to help you and your staff meet the Missouri Eat Smart and MOve Smart Guidelines!

SUCCESS STORIES:

Have you had great successes in meeting the Missouri Eat Smart and Missouri MOve Smart Guidelines? Are you working towards the Guidelines and found a resource to be extremely beneficial for you and your staff? Do you have any tips to share on facilitating best practices (unstructured, structured and learning-integrated physical activities, family style meals, adult role modeling, etc.) within your child care setting? If so, we would love to hear from you! Email cacfp@health.mo.gov with your success story and you may be featured in a future Wellness Newsletter!

Become a Missouri Eat Smart Child Care and a Missouri MOve Smart Child Care today! Go to www.health.mo.gov/eatsmart and www.health.mo.gov/movesmart to learn more, review the guidelines and to print out the applications! If you have questions about these programs, call 1-800-733-6251 or email cacfp@health.mo.gov. We will be more than happy to answer any questions and to help you reach your nutrition and physical activity goals for child care!

JANUARY DAYS:

4- Spaghetti Day
6- Bean Day
9- Apricot Day
21- Granola Bar Day
24- Peanut Butter Day
28- Blueberry Pancake Day
2nd week of the month- Pizza Week
Egg Month
Family Fit Lifestyle Month
Fiber Focus Month
Oatmeal Month
Prune Breakfast Month
Soup Month
Wheat Bread Month
New Year's

<http://food.unl.edu/fnh/january>

***Incorporate nutrition and physical activities
into your lesson plans today!***

